



Carb Smart Creamy Garlic Chicken

with Roasted Zucchini and Squash Mash

Carb Smart

35 Minutes



Chicken Breasts



Chicken Salt



Zucchini



Butternut Squash, cubes



Cream Cheese



Chicken Broth Concentrate



Garlic Puree



Garlic Salt



All-Purpose Flour

HELLO CREAM CHEESE

This versatile soft cheese is great for both sweet and savoury applications!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, potato masher, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Salt	1 tbsp	2 tbsp
Zucchini	400 g	800 g
Butternut Squash, cubes	340 g	680 g
Cream Cheese	43 g	86 g
Chicken Broth Concentrate	1	2
Garlic Puree	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook squash

Add **squash**, **1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-high. Simmer uncovered until **squash** is fork-tender, 14-16 min. When **squash** is tender, drain and return it to the same pot, off heat. Mash in **1 tbsp butter** (dbl for 4 ppl) until smooth. Season with **salt** and **pepper**, to taste.



Make sauce

Heat the same pan over medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Sprinkle **flour** over top, then whisk to combine, 30 sec. Gradually whisk in **1 cup water** (dbl for 4 ppl), **cream cheese**, **broth concentrate** and **garlic puree**. Increase heat to medium-high. Cook, whisking often, until **sauce** is smooth and comes to a simmer. Season with **salt** and **pepper**.



Roast zucchini

While **squash** cooks, cut **zucchini** into ¼-inch rounds. Add **zucchini**, **chicken salt** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until tender-crisp, 12-14 min.



Finish chicken

Once **sauce** is simmering, add **chicken** and any **juices** from the plate. Reduce heat to medium. Cover and cook, flipping halfway through, until **sauce** thickens slightly and **chicken** is cooked through, 4-5 min per side. ** Season with **salt** and **pepper**, to taste. Remove the pan from heat.



Sear chicken

While **zucchini** roasts, heat a large non-stick pan over medium-high. While the pan heats, pat **chicken** dry with paper towels. Season with **pepper** and **garlic salt**. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. Transfer **chicken** to a plate.



Finish and serve

Thinly slice **chicken**. Divide **mash**, **zucchini** and **chicken** between plates. Spoon **creamy garlic sauce** over **chicken**.

Dinner Solved!